

# Taoist Healing Gestures For Self-Therapy

Emma I. Gonikman, M.D.

*Scientific Director,  
Santana Center of Natural Medicine,  
Minsk, Belarus, Russian Federation*

Translation by Leonid M. Schukin

YBK Publishers  
New York

# CONTENTS

Foreword	v
Introduction	ix
Part I	
What Do We Know about Our Hands?	3
The Hand As a Unique Tool of Creation	6
Links of the Hands with the Body	9
Connection of the Hands with the Brain As Seen By Chinese Natural Philosophy	12
Polarity of the Hands	20
Symbolism of the Hands in Astrology	23
The Role of Fingers and Their Symbolism in Religion and Astrology	28
The Index Finger	32
The Middle Finger	33
Phenomenon of the Middle Finger	33
The Ring Finger	35
Numeric Symbolism of the Hand	39
Color Palette of the Fingers	42
The Hand and Universal Code of Pyramids	45
Use of Charts in Projecting Organs, Chinese Meridians, and Chakras onto the Hand	49
Projection of Chakras onto the Hand	49
Part II	
What Is Zigun?	59
25 Basic Mudras for Normalization of the Functions of the Organism and Certain Other Canonical Buddhist Mudras	63
Buddhist Canonical Mudras	116
Mudras—Keys to Seven Sacred Chakras	121
Key Issues: Energy Effects Arising at Finger Movements	122
Chronic Stress—Tragedy of the Twentieth Century	125
Express-Mudras for Stress Elimination	130

Express-mudras for Instantaneous Stress Elimination	130
Mudra for Protection against Energy Attacks	130
Technique of Equalizing the Balance of the Eight Wonderful Meridians	131
Hand Movements To Remove Stress	131
Techniques for Removing Emotional Blocks	133
Medical Self-Massage of the Hands	133
Fingers Reflect Emotions, Elements, Organs	136
“First Aid” for Prophylaxis of Cardiac Attacks	138
Gesture Methods for Strengthening the Lungs, Liver, and Spleen	142
Taoist Mudra of Harmony of the Whole Organism (Mudra of Prosperity And Longevity)	142
Methods of Strengthening the Kidneys—“the Roots Of Life”	144
Method Ban Gi Fa for General Health Improvement and Rejuvenation of the Organism	146
Energy of Geometrical Figures Formed by the Hands	150
Method of Kinesiological Diagnostics with the Help of Palms	155
Diagnostic Omura Ring Test	156
Epilogue	162
A Note on Continuing Education	164

# FOREWORD

In 1992 the publishing division of the Santana Center of Popular Medicine in Minsk, Belarus, published *How to Drag Yourself Out of Stress* by Emma I. Gonikman. The book was born out of the author's study of and concern for the extraordinary situation that emerged in the Republic of Belarus following the disaster at the Chernobyl nuclear power plant. The effect of dramatic healing by the use of twenty-five basic Indo-Tibetan mudras (finger yoga) presented herein, selected by the author together with lama Marimba Singh, exceeded all expectations. This inspiring result prompted the present expanded edition of the book and its translation into English. Its great acclaim resulted in more than 100,000 copies being sold in Russia.

Very few people are aware of the healing power of their own hands, which are always ready to come to help. It is a wise Latin proverb that says, *Ubi dolor, ibi digitus* (Wherever there is pain, there is a finger). The famous Belgian alchemist, Yan Baptist Van Gelmont deeply trusted "in the power of the hand over illness."

In this book, Dr. Gonikman discusses the Taoist healing gestures as they are used in self-therapy. In addition to the twenty-five mudras published in an earlier work, a series of additional, proven-effective healing gestures are described. The reader will become acquainted with the heritage of ancient Taoists, who achieved dramatic results by managing the energy in the hands.

While at times technical in nature, this book is for everyone. It is invaluable as an aid in self-treatment and in the prevention of a broad spectrum of diseases.

I express my profound gratitude to my dear grandson Igor, a pupil at the School of Oriental Martial Arts, for demonstration of a number of Taoist healing gestures.

# INTRODUCTION

*All the motions of the soul are accompanied by gestures: of hands, fingers, the whole arm stretched forward; of the foot striking the earth; expression of the eyes is especially rich. Gestures are part of the body language which is understood even by savages and barbarians.*

*Cicero*

Interest in the hand as a creative instrument has been profound in all times and epochs. Anaxagoras, Artemidorus, Democritus, Kalkhind, Aristotle and many others attempted to penetrate the secrets of the hand, to study in its essence this unique “thinking being.” Original treatises studying the hands and the application of specific gestures both to replace verbal communication and to complement it abound. The use of hands in healing is known in almost all regions of the world.

In 1993 we published a small book *How to Drag Yourself Out of Stress*, prompted by the alarming situation that emerged in the Republic of Belarus after the accident at the Chernobyl nuclear power plant. In that book I offered a method, simple and accessible to everyone, of using one’s own hands as a form of self-therapy. The book was published in an edition of 100,000 copies and was soon sold out. The flow of letters from patients, telling about wonderful cases of healing with the help of the 25 Ayurveda mudras, was a torrent. In response to such a large result from use of these mudras, not requiring any expensive medicines, we authorized the publishers to issue reprints and also to publish this and related material in the book *Secret and Karma of the Lunar Goddess* (Part 2, Minsk, Santana, 1995). The book was reprinted three times in Poland, and still there remains a demand.

These circumstances have led us to return to this subject again, this time to conduct detailed researches into the mechanisms of such successful healing with the help of gestures, and also to develop a series of additional manual methods while giving a broader explanation to their application. In the first book gestures were practically described in a simple way. Herein we seek to give interpretation, sources, and a sense of what is incorporated in the gestures, with the purpose of involving consciousness and intent to the executed manipulations.

Taking into account the gravity of the current world circumstance, about which we already wrote in our previous books ( *How to Drag Yourself Out of Stress*, Minsk, Santana, 1992, and *Secret and Karma of the Lunar Goddess*, Minsk, Santana, 1995), we think it appropriate to present the methods, usable by anyone, of harmonization with the rhythms

and energies of the New Epoch of Aquarius. Each of the methods introduced is capable, under a specific set-up of thoughts and consciousness, of bringing the sick organism to a radically new level of harmony.

The high frequency field which is for the individual a reliable foundation of all his or her external structures may become incapable of executing its functions due to physical and moral insufficiencies, a narrow focus on materialist values, ignorance and misunderstanding of the true divine essence. All the madness that has been today set in motion on the planet (wars, rabid nationalism, alcoholism and drug addiction, soulless sex, robbery, violence and murder), creates massive energies of Cold, enough to shatter and indeed already shattering all life on the planet.

The Great Spiritual Essences were compelled to switch on a powerful purification system of the planet, to counteract the ecological catastrophe caused by the ignorance and darkness of the human Soul. We have shown this process in the film *By Christ's Way* shot by us in the sacred land of Israel and presented at the *Ecomir-95* International Festival in Minsk. Today we are the witnesses of strange epidemics, mass depressions, non-diagnosed deaths, and unpredictable situations.

With this purpose in mind, after having studied the great experience of Ancient Chinese thinkers and, using our own meditative experience, having adapted it to modern conditions, we offer a series of theoretical and practical manuals on self-healing, the efficacy of which has been attested to both by great philosophers and physicians of Ancient China, and by modern masters of Chigun, and by the author in the Center she heads. These amazing techniques have been included in the training program of the world's first Institute of Mineral Power Therapy.

The wise creation of the Lord—the human—receives at birth for one's use the entire arsenal of natural means which can help him or her in any extreme situation. But lack of knowledge about one's own nature and a reluctance to listen to one's intuitive channel undermine the efforts of the Creator. The modern human is killing him- or herself with negative emotional polarization which is capable by itself or crippling him morally and physically, of reducing sharply the natural limit of his or her life-span as it creates negative karma. We offer everyone the possibility of becoming attuned to the wisdom of the laws of the universe as expressed by ancient eastern philosophers and healers, to extend the boundaries of consciousness, to get rid of the miasma of negative emotions, having reformed them into positive ones, to raise the level of one's spiritual vibrations, and to help themselves and their close relatives to survive and to find salvation.

## WHAT IS ZIGUN (Qi Gong)?

The ancient Chinese medical technique Zigun includes manipulations of the energy (Qi) to heal and provide disease prevention to vital functions of the organism. The sources of Zigun are deep in antiquity and it is interpreted differently by different authors. We accept the concept Zigun as the work of thought entwined with the ever-penetrating and universal energy of life, Qi. This seems quite fair, as any applied system directed at spiritual perfection or at physical rehabilitation, involves that divine energy which is Life itself.

It refers equally to the finger Zigun, which uses the hands for the purpose of psychological improvement and physical healing. Chinese medicine explains that Zigun actuates Qi and blood, harmonizes dense and hollow organs, boosts the true Qi (energy), calms the heart (the center of emotions, mind and feelings), and the Spirit (Sheng), as a result of which meridian paths are cleaned, and bones, muscles, and vessel tone become stronger. All this promotes rehabilitation of the organism as a whole. In doing so, the mood is improved; and the mood is connected with the mentality, the vegetative nervous system and the endocrine system. In Chinese medicine many illnesses are called the “internal defeat of seven feelings”, this is when a misbalance occurs in the functions of the vegetative nervous system.

Concentrated study of finger Zigun in our practice, and also the responses of numerous readers of the book “How to Drag Oneself Out of Stress” who used healing gestures, mudras, permit me to draw the conclusion that as a result of the use of such exercises we observe calming of the nervous system and elimination of fatigue from the brain cells and brain centers. We see how anxiety and distraction get weaker, and the ability to concentrate attention is boosted, pains in the heart are eliminated, and high blood pressure goes down.

In the Chinese classics Zigun is divided into two large classes: static Zigun—Jingun (static work), and dynamic Zigun. Static Zigun uses sedentary, recumbent and standing postures. In finger Zigun a patient may use at his or her own discretion either static or dynamic Zigun. The healing gestures may be performed while in motion, but the main requirement is concentration—centralization of thought on the aim set forth and on the hands.

Dynamic Zigun envisages particular motions of the trunk and extremities in combination with the engagement of consciousness.

The ancient Chinese treatises on medicine run as follows, “Thought is the driver of Qi; where the thought goes, there goes Qi. In each part of the body that is uneasy there is a

micro-blockage of Qi. Thought directs Qi to any sick place and injects it: a conductor is needed.”

The Taoist school of Zigun views the human in unity with nature and Space and in its exercises has the aim of strengthening the psychosomatic condition. In the human body energy circulates along the twelve main meridians corresponding to twelve internal organs. These meridians link, by means of collaterals, the external surface of the body with the internal organs, and also the upper part of the body with the lower.

Fulfillment of the exercises allows one to achieve the desired effect by the purposeful direction of a thought toward the specific aim (rehabilitation of an organ) by connecting the motion with the thought. Therefore, these manual exercises may be recommended to people of any age and with any form of pathology. The only condition we apply is in the systematic nature of the required training. The thought and motion are to be turned into a unit. One should tune him or herself and the hands to a feeling of interconnection with the Universe.

The famous “Taoist Canon” taught, based on the life examples of great persons who had reached healthy longevity, a healthy way of life. The “Taoist Canon” came to five thousand volumes of the history of Taoism. The ancient Taoists were convinced that the human body and the Spirit, if they would follow particular laws of Heaven and Earth, would live eternally.

The methods of esoteric Taoist yoga, while having knowledge of the energy system of the organism, enable the purposeful use of the richest energy resources of Space for healing the organism.

The knowledge of these inspiring spiritual scholars is marked by the depth of penetration into the Universal and Earthly laws of energy and matter. This most extensive knowledge included the skill to preserve and support a free current of blood and energy circulation along the channels, and also (which is very important) contributed to removal of emotional tension and liberation of the organism of toxins.

All these measures were prerequisites of good health, long life, and spiritual rest. During many milleniums they accumulated the treasures of many wonderful techniques which extend life and preserve vivacity, functionality, and wholesome, bright appearance. What is most important in this unique heritage is comprehension of the unity of energies which pierce the united, indivisible system of all four of the empires of nature and the Universe.

For these scholars, it was completely doubtless that the human body represents a biological object through which the continuous energy flow passes.

Having deeply understood the mechanism of intake and outflow of energy, the Taoists were able to control quite consciously the condition of their organism and as required, to make appropriate corrections.

For the preservation of physical and spiritual health it is important to master the techniques that may help to constructively operate the world of invisible thin energies of the invisible world. The Taoists think that exactly these techniques may secure for both sexes a considerable improvement in the quality and duration of life.

The efficiency of these methods is encouraging and inspiring, not so much due to ancient legends, but more due to the accomplishments of modern Zigun-masters and therapists.

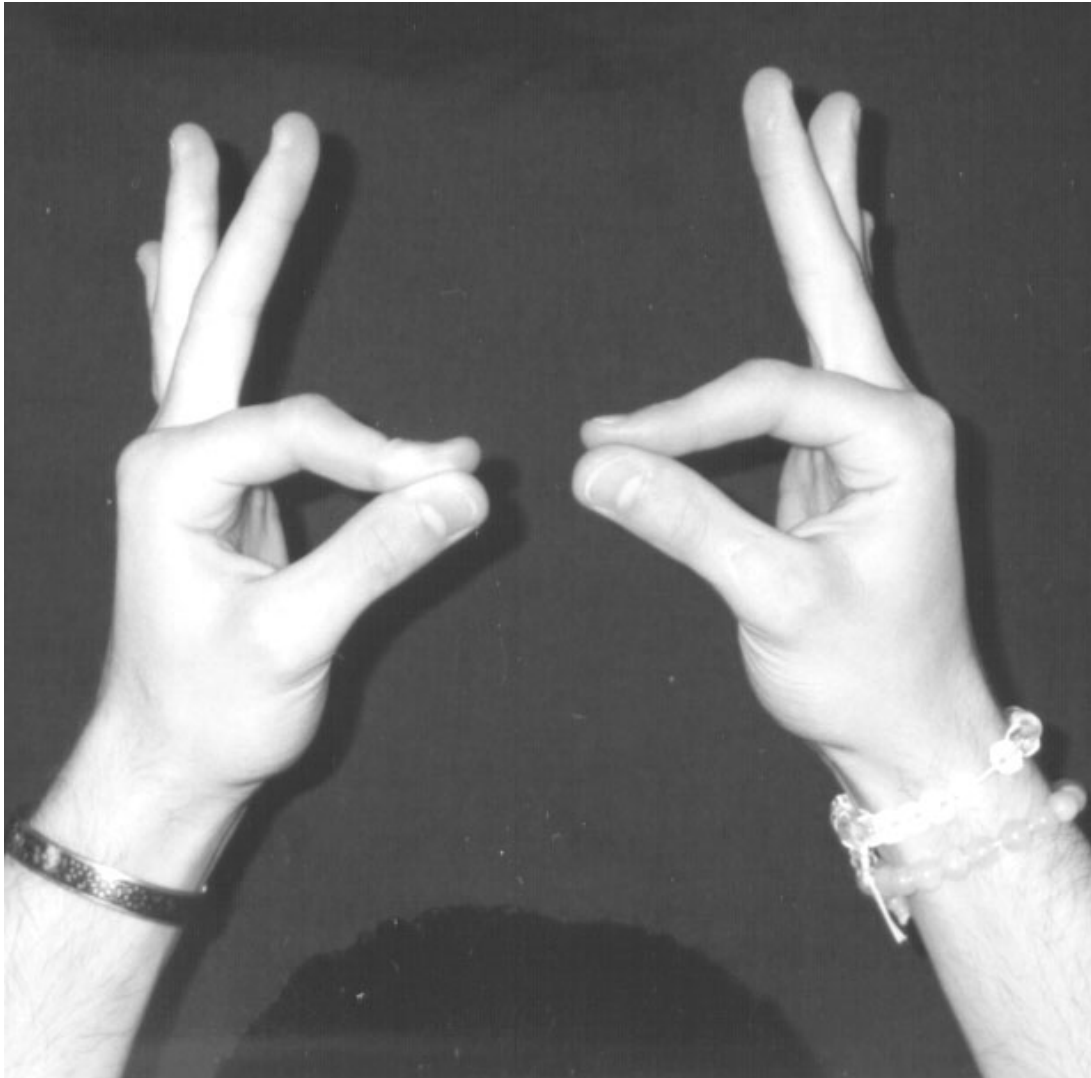


These successes today are well-known and have been reached by the use of energy techniques known from remote antiquity. The Taoists have always tried to thoroughly know their own body and to learn the mechanisms that operate it, and also to compare this knowledge with the processes taking place in the Universe and in nature. We have repeatedly referred in our previous works to the law of analogies. This law was used to its full extent by ancient Taoists at each level and in each situation. They always found precise conformity between an internal system of the body and a similar system in the Universe and used this conformity with great success.

The Taoists were convinced that the beginning of human life is similar to the start of life in the Universe. Having learned his or her body, one may comprehend the processes which take place in Space. The laws of nature are identical both for the human and for the Universe. One of the most efficient methods of healing using the Great Space Energy, is Taoist finger Zigun which has no contraindications, is applicable to persons of any age, and is easy and safe to learn and to apply.

To expand on our previous publication concerning the mudras, which proved to be extremely popular with my readers, are used in Ayurveda and Tibetan medicine, we offer also some finger combinations based on the knowledge of the role of the hands, their connection with the brain, and with Chinese energy carriers and elements, which, in their turn, are in resonance with particular systems and organs of the body. We offer one of the most ancient methods, proven in practice, with the help of which one may regulate the energy flows passing through the body, with the aim of rehabilitation and healing from every possible illness. In this method the main tool, clear and finely adjusted, are one's own hands—the unique tool which is always with you at any moment. The hands may be used for treatment of both acute and chronic diseases. The difference is only in the duration of treatment.

Where lies the magic of hands? For the most effective treatment one should understand the mechanisms that take part in the process of therapy. This, on the one hand, supposes the knowledge of the role of our hands, caused by their anatomy and energy supply, with the specifics of their polarity, and on the other hand the knowledge that “the thought is the envoy of Qi,” as the expression of the ancient Chinese has it.



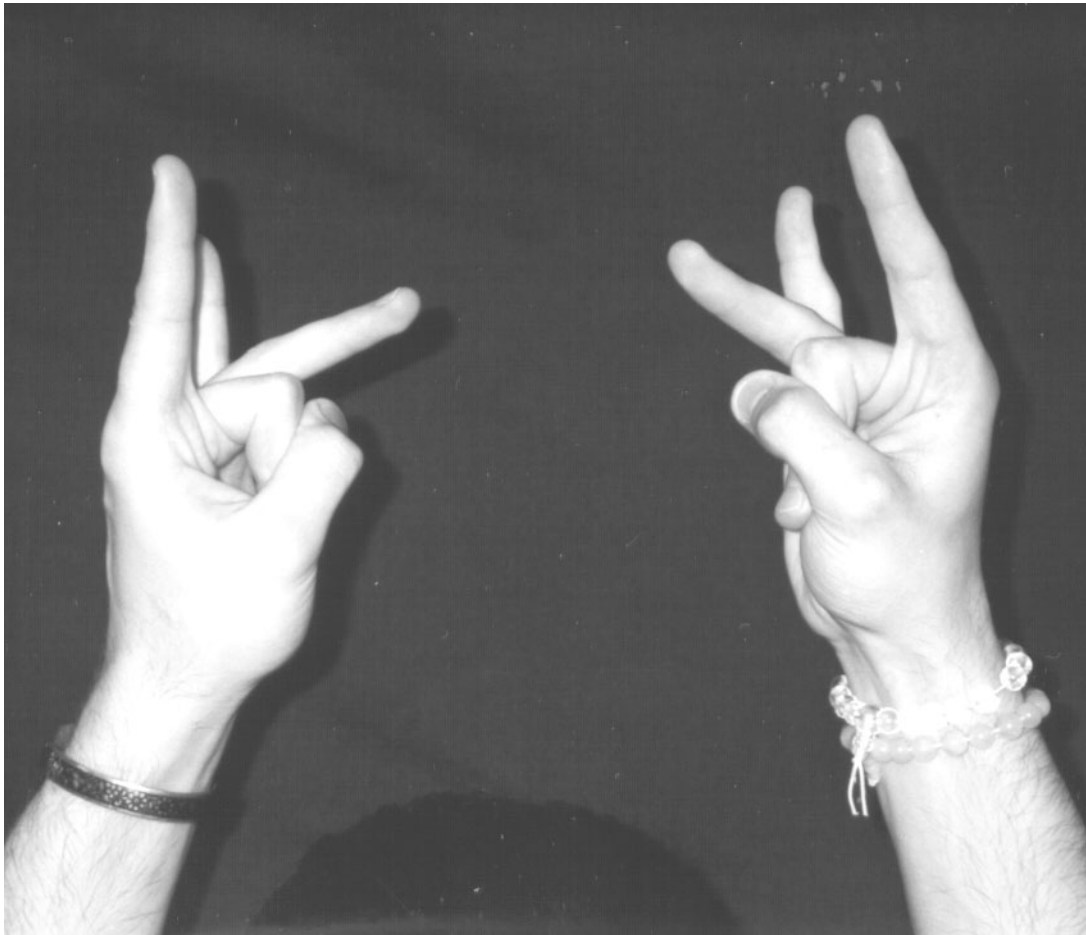
Mudra of Knowledge

## MUDRA OF KNOWLEDGE

This mudra is one of the most important. It relieves emotional tension, nervous anxiety, melancholia, grief, and depression. Improves thinking, activates the memory, concentrates potentials.

Indications: *sleeplessness or excessive sleepiness, high blood pressure*. This mudra rejuvenates a person. Many thinkers, philosophers, scientists have used and continue to use this mudra.

Performance technique: the index finger lightly touches the ball of the thumb. The remaining three fingers are straight (not strained).



Mudra of the Heaven

## MUDRA OF THE HEAVEN

Heaven is connected with the supreme forces—with “the upper man”—the head.

Indications: *for persons suffering from ear diseases, impaired hearing.* Performance of this mudra can result in rapid improvement of hearing. Long-term exercising may result in almost complete curing of many ear diseases.

Performance technique: the middle finger is bent such that its ball touches the base of the thumb, and using the thumb we press down the bent middle finger. The remaining fingers are straight and not tight.